

1. A method comprising:

inhibiting the PDE enzyme in a mammal, said step of inhibiting comprising:

administering to said mammal a composition comprising Morinda

citrifolia fruit juice concentrate in an amount sufficient to inhibit

5 the PDE enzyme in the mammal.

2. The method of claim 1, wherein said composition comprises Morinda

citrifolia fruit juice obtained by freeze concentrating Morinda citrifolia fruit juice.

10 3. The method of claim 1, wherein said composition comprises Morinda

citrifolia fruit juice concentrate obtained by evaporative concentration of Morinda

citrifolia fruit juice.

4. A method for reducing allergy reactions comprising:

administering to a mammal a composition comprising *Morinda citrifolia* fruit juice concentrate in an amount sufficient to inhibit the action of a PDE enzyme, thereby increasing the level of cAMP, decreasing IgE, and decreasing the secretion of histamine to decrease the allergic reaction.

5. A method for increasing the body energy of a mammal comprising:
- administering to a mammal a composition comprising *Morinda citrifolia* fruit juice concentrate in an amount sufficient to inhibit the action of a PDE
- 5 enzyme, thereby increasing the level of cAMP, and increasing the amount of glucose produced to increase the body energy of said mammal.

6. A method for reducing asthma reactions comprising:
- administering to a mammal a composition comprising *Morinda citrifolia* fruit juice concentrate in an amount sufficient to inhibit the action of a PDE enzyme, thereby increasing the level of cAMP, and relaxing the muscle around the mammal's
- 5 airways to decrease the severity of the reaction to asthma.